

Everett Independent

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Wednesday, March 13, 2024



PHOTO COURTESY THE CITY OF EVERETT

The City of Everett opened the Journey of Champions exhibit at the Parlin Library. The exhibit is open to the public and will be available for viewing until Saturday, March 30. See more photos on Page 5.

CITY OF EVERETT OPENS JOURNEY OF CHAMPIONS EXHIBIT AT PARLIN LIBRARY

The City of Everett was recently joined by elected officials and members of the community to unveil the Journey of Champions exhibit in celebration of Black History Month at the Parlin Library.

The exhibit, curated by the City of Everett's Director of Diversity, Equity and inclusion Cathy Draine, will take attendees back in time through decades of Everett's Black athletes. Spanning many

different sports, the exhibit includes posters crafted by Joe Ronan from the City's DPW Sign Division and memorabilia shared by some of the athletes. This event capped off the series of events the Youth Development and Enrichment Department hosted at the Recreation Center previously, which this exhibit expanded upon to include the 20th century.

"Everett has many notable Black athletes who

have contributed to our community's greatest moments in sports," said Mayor Carlo DeMaria. "This exhibit allows anyone who visits the Parlin Library to learn about these remarkable individuals and the rich history of Everett's Black residents in sports. I encourage all residents to stop by and check it out when they get a chance."

During the ceremony, Draine welcomed attendees to the exhibit and was

joined by Library Director Kevin Sheehan and Director of Youth Development and Enrichment John Russolillo. Following the opening ceremony, attendees were encouraged to view the exhibit and enjoy refreshments.

The Journey of Champions exhibit will be available for viewing during regular business hours at the Parlin Library (410 Broadway) until Saturday, March 30.

DiDomenico hosts briefing with students to advocate for safe and supportive schools

Special to the Independent

Last week, Senator Sal DiDomenico hosted a briefing for students from across the state and welcomed them to the State House to discuss the importance of Safe and Supportive Schools. At the briefing, middle

and high school students shared their perspectives on what they need in order to do well in school and why now is a critical moment to prioritize funding for Safe and Supportive Schools.

"I was moved by the passion and activism I saw in these students, and I am

proud that our office has secured funding for Safe and Supportive Schools over the last several sessions and I will continue advocating for funding in this year's budget," said Sal DiDomenico, Assistant Majority Leader of the Massachusetts Senate. "Protecting and support-

ing our children should be our top priority, and properly funding this initiative will go a long way towards achieving that goal. I want to thank my State House Colleagues, Anne Eisner, Director of the Trauma and Learning Policy Initiative, and Michael Gregory for organizing this great event and for all their work supporting students throughout Massachusetts.

Senator DiDomenico co-hosted this event with the Trauma and Learning Policy Initiative of Harvard Law School and State Representative Ruth B. Balser, State Representative Denise Garlick, and Senator Jason Lewis. The Safe and Supportive Schools grant program and related resources help school districts and communities build safe and supportive learning environments for all students. Senator DiDomenico has been a longtime supporter of funding this initiative and will continue to do so in this year's budget.



Senator DiDomenico speaking alongside students and advocates in the State House.

Everett First-Time Homebuyer Assistance Program established

By Cary Shuman

Everett Affordable Housing Coordinator Zerrina Gace presented the specifics of the Everett First-Time Homebuyer Down Payment Assistance Program at Monday night's City Council meeting.

Following her informative remarks, the Council unanimously approved to accept and expend a state grant of \$400,000 that will establish the program.

Gace, who was appointed to her position in January, said that 20 separate grants will be awarded for up to \$20,000. A total of \$300,000 will be

granted to Everett residents looking to purchase homes in Everett. A total of \$100,000 will be granted to Everett employees looking to purchase a home in Everett.

Gace, who works in the Planning and Development Department led by Director Matt Lattanzi, will be overseeing the application review process, determining whether candidates are income-eligible for the grants.

"The income would be between 60 and 100 percent area median income, so it's like a working-class family," said Lattanzi.

See HOMEBUYER Page 2

EBNHC looking ahead with excitement, optimism

By Cary Shuman

After a major announcement last week that East Boston Neighborhood Health Center will rebrand its health system as NeighborHealth, President and CEO Greg Wilmoth said he is looking ahead with excitement and optimism about the future.

EBNHC currently operates nearly a dozen clinical sites throughout Greater Boston, including East Boston, Winthrop, Everett, Revere, and the

South End. It serves approximately 120,000 people and has about 2,000 employees. EBNHC operates the fourth-busiest emergency department in the City of Boston, with more than 45,000 visits in 2023. "It's a very busy place," said Wilmoth.

Rebrand to NeighborHealth begins in June.

"I think the rebrand does a few things," said Wilmoth. "It unifies our organization which has re-

See FEBNHC Page 3

Garcia garners support for health equity bill

Special to the Independent

State Representative Judith Garcia of Chelsea delivered a compelling address in support of her bill "An Act to Advance Health Equity" at the legislative briefing. In front of a crowded room, Rep. Garcia spoke about the urgent need to address the disparities marginalized groups face in health care and right the wrongs of the current system. "Access to quality healthcare should not be determined by one's ZIP code, income level, or ethnicity; most people seem to agree on this, yet the disparities persist. Marginalized

communities like Chelsea and Everett continue to bear the brunt of inadequate healthcare access and suffer disproportionately from preventable diseases," Garcia said. Rep. Garcia has firsthand experience witnessing the impact of healthcare inequities on her constituents in Chelsea and Everett, motivating her unwavering commitment to driving change on this critical issue.

"An Act to Advance Health Equity," co-lead by Rep. Garcia and Chair Bud Williams in the House of Representative

See GARCIA Page 2



Rep. Bud Williams, Rep. Judith Garcia, Senator Liz Miranda, and Senator Pavel Payano.

For the latest news in Everett that you need to know, check everettindependent.com

Everett, Revere, Chelsea, Winthrop join regional homelessness program

Special to the Independent

For the first time, eight communities north of Boston will launch a joint program to provide supportive services and outreach to those who are homeless, at-risk of becoming homeless, or fleeing domestic violence. The new program will serve Malden, Arlington, Chelsea, Everett, Medford, Melrose, Revere, and Winthrop and will respond to incidents of homelessness and provide basic necessities like food and water as well as dedicated case management, housing problem solving, and more to help get people transition from homelessness to stable housing.

The services will be available in the eight communities, which are funding the effort with approximately \$1.8 million over four years with federal HOME-ARP funds that the cities collectively receive. The program is being managed by the City of Malden through its Office of Strategic Planning and Community Development, with service delivery from Housing Families and their partner The Neighborhood Developers.

“We look forward to expanding on the continued partnership that we have cultivated with Housing

Families in this new iteration of homelessness support,” said Mayor Patrick Keefe of Revere. “We are confident that this program will mesh well into each community’s existing infrastructure and fill in the gaps we know are still occurring. Homelessness and domestic violence don’t recognize traditional city borders, and with this regional approach, we can tackle these issues more collaboratively.”

Malden Mayor Gary Christenson of Malden announced the initiative during his annual State of the City address last week, noting that none of the communities would be able to provide these services on their own. “Only together can we respond with the care, compassion, and capacity that these most vulnerable residents need,” Christenson said. “I’m grateful to the mayors and managers of our partner cities for their continued commitment to this vital work.”

Chelsea City Manager Fidel Maltez stated that vulnerable populations are experiencing unprecedented difficulties when it comes to accessing social services that help them overcome the hardships they are going through.

“Unfortunately, this reality exceeds city borders, so I am proud of Chelsea

for joining this collaborative effort to serve the most in need in our region,” said Maltez.

Everett Mayor Carol DeMaria said that as government officials, it is the duty of the communities’ leaders to respond to the needs of all residents.

“Far too often, it is those with the greatest need for support that are overlooked in the allocation of resources,” said DeMaria. “I am proud to support this initiative to provide wrap-around services for our most-vulnerable populations and I greatly appreciate the collaboration and partnership between the participating municipalities, Housing Families, and The Neighborhood Developers to address such a critical need.”

The program is scheduled to launch in April.

“Housing Families is very excited to broaden the scope of services we are able to offer in our communities for those who are experiencing or at-risk of experiencing homelessness,” said Housing Families, Inc. CEO Laura Rosi. “This program will complement the work we do with both our Homelessness Prevention and Individual Homelessness teams. The street outreach component fills an especially critical area of service in our region.”

Biden, Trump top ballot in Everett

By Adam Swift

There were few surprises in the Everett results for last week’s presidential primary.

The Everett vote totals closely mirrored those across the state, and the nation so far, with President Joe Biden topping the Democratic primary ballot and former President Donald Trump easily taking the Republican side of the race.

Of the 2,112 votes cast in the Democratic primary in the city, Biden finished with 1,431. There were 287 votes cast for no preference in the contest. Dean

Phillips tallied 154 votes, while Marianne Williamson totalled 95 votes.

Brian Corr ran unopposed for Democratic State Committee Man in the Third Suffolk District and tallied 1,392 votes.

In a contested race, Olivia Anne Walsh topped the ballot for State Committee Woman in the district with 683 votes.

Trump tallied 1,081 votes to 238 for former South Carolina Governor Nikki Haley. All the other candidates listed on the ballot finished well behind.

Incumbent Republican State Committee Man for

the Third Suffolk District Todd Taylor came out ahead of John David Olds in Everett by a 609-399 margin. Regina Taylor was unopposed in the race for State Committee Woman.

No preference was the preference in the handful of votes cast in the Libertarian presidential primary, coming out on top with 22 votes compared to the single digit totals for the actual candidates on the ballot.

Overall, 3,517 of the city’s 22,918 registered voters cast ballots last Tuesday, for a total of 15.3 percent in Everett.

Garcia // CONTINUED FROM PAGE 1

and Senators Liz Miranda and Pavel Payano in the Senate, supports the equal opportunity for everyone in Massachusetts to live in good health. Despite the world-class healthcare offered in Massachusetts, there are major differences in access to quality, affordable care. This health equity bill will improve our communities’ access and quality of care by providing MassHealth coverage for all eligible, regardless of immigration status;

hold our health systems accountable by directing state agencies to report publicly on data to identify disparities; and make our government more equitable by creating an Executive Office of Equity, led by the first-ever Secretary of Equity.

Rep. Garcia and her fellow sponsors are proud to partner with the Health Equity Compact (the “Compact”) on this bill. The Compact is a group of over 80 leaders of color

who aim to advance health equity together in Massachusetts. Compact members are high-level executives and experts from a diverse set of health, business, labor, and philanthropic organizations, including hospitals, health centers, payers, academic institutions, and public health. We bring our lived experience, expertise, and commitment to our work to advance health equity.

Homebuyer // CONTINUED FROM PAGE 1

“This is a first-time program in Everett that originated from the Office of Mayor Carlo DeMaria. We feel this program is going to do some great things for the city. Overall, it’s going to be great project.”

Council approves Rogers’ resolution declaring April as Earth Month in Everett

The Council unanimously approved a resolution by Councilor-at-Large Katy Rogers declaring the month of April as Earth Month in Everett.

Earth Day is celebrated

nationally on April 22 to show support for the environment.

“April is time to raise awareness on environmental issues that impact everyday life in Everett,” said Rogers. “Our city faces many challenges affecting the entire community such as air-quality concerns and access to our riverfront property. We officially do a cleanup once a year on April 20. Since we don’t necessarily celebrate Earth Day on April 22 each year, designating the month of April would open opportunities to raise

awareness of environmental issues in our community while allowing inclusivity beyond just one day. With this resolution, the Council recognizes that celebrating our outdoor space exceeds a single day of the year should be encompassed within daily life in Everett, especially throughout the month of April.”

Rogers requested that Mayor Carlo DeMaria’s Administration join the Council in recognizing April as Earth Month going forward.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Filho, Adirson D	Mucciarone, Robert A	11 Upland Rd	\$805,000
Perez, Concepcion	Johnson Dennis R Est	12 Arthur Ave	\$545,000
Fiorello, Joseph	Murgo, John-Ross	30 Chelsea St #501	\$500,000
Parajuli, Bishnu P	Mcglinchey, Richard	51 Westover St	\$595,000

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The Everett Cultural Council is a volunteer group that works to foster creativity, diversity and an arts & culture renaissance in Everett.

For more info, email: ECC Chairperson
Martha Chason-Sokol
martha@mchason-sokol.com.

CLEAN SLATE

A juried exhibition inspired by the change of season.

StoveFactory Gallery - Charlestown
March 22-April 14.

Opening reception March 22, 5-8 p.m.

www.artistsgroupofcharlestown.com


A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.


Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's story inspires just one more person to make a difference, then its telling here has been well worth while.



American Academy of Orthopaedic Surgeons
aaos.org/75years
AAOS
CELEBRATING HUMAN HEALING
orthoinfo.org

The Year of the Wood Dragon

Your Year - Your Cost



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2

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COLOR
2 ADS/MONTH

3

Option
1 AD/MONTH
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3.37" by 5" high
COLOR
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3.99" by 5" high
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4

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EBNHC // CONTINUED FROM PAGE 1

ally grown to a multi-site, multi-community organization and it allows us to reflect that to our patients during their care journey with us,” said Wilmot. “It also works well for our staff, who may serve patients at one location or another, but we really wanted to make sure that everyone felt part of the same organization with the same values across our organization.”

Wilmot added that when EBNHC joined forces with the South End Community Health Center in 2020, “it was important for us to have a unified brand to avoid confusion, but also to make sure everyone felt connected to the same institution.”

Becoming a national model and an award-winning health center

East Boston Neighborhood Health Center is the largest community-based primary care health system and community health center in Massachusetts and one of the largest in the United States.

“We find ourselves connecting with communities across the nation to talk about the work that we’ve done for many years,” said Wilmot.

One of the health center’s most recent achievements was being honored by the U.S. Health Resources Services Administration (HRSA) as one of the top-performing Federal Qualified Health Center in the nation, with specific recognition for its work in maternal and child health, where it received a gold badge for quality – earning

ing EBNHC status in the top one percent of community health centers in that category. EBHNC also received a gold badge for its HIV treatment and care.

“Some of the ways we were able to achieve those national awards is based on the innovative model of care that we have here,” noted Wilmot. “I am proud of our continued accomplishments. What is true is that our health center is 55 years old. We’re born out of an acknowledgment and recognition of community-based access, and I’ve been privileged to continue to serve that mission. It is a mission that has been served by many. I’m the third CEO of this organization, but I feel like I’ve been handed the baton and just continuing to run a race that was started many, many years ago.”

Expanding life expectancies

On average today, people in the United States are living a lot longer.

“What’s really important is that people not just live longer, but that they live high quality lives as well,” said Wilmot. “We believe that families, especially our aging population, should have the opportunity to age in the community, which is important to improving quality of life, but also improving health outcomes ultimately. So, programs like PACE (Programs of All-Inclusive Care for the Elderly) are one of the ways that we support seniors.”

NEWS BRIEFS

DOROTHY MARTIN LONG WOMEN’S HISTORY MONTH LUNCHEON

Mayor Carlo DeMaria is pleased to announce the City of Everett will host the first annual Dorothy Martin Long Women’s History Month Luncheon at 12:30 p.m., at the Connelly Center (90 Chelsea Street).

Named after Dorothy Martin Long, the luncheon will celebrate the visions, voices and impact of women as part of the City’s celebration of Women’s History Month. Long, who was a lifelong Everett resident, had a significant impact on the Everett community through public service and her passion for volunteering. Her volunteerism included work with organizations such as the Malden YMCA and Mystic Valley Elder Services, as well as Housing Families, Inc., where she dedicated 16 years tutoring homeless children. Long served on the Everett School Committee and was elected Commissioner of the Everett Charter Commission, where she led a team effort to re-write and modernize the City’s constitution. She also served on the City’s Diversity and Equity Task Force.

The keynote speaker for the luncheon will be Dr. Vivian Stephens-Hicks, who is the Pastor of Beyond Boundaries Christian Ministries. In addition to her service as pastoral leader, Dr. Hicks works full-time as Program Manager of the Master of Science in Biomedical Sciences (MBS) Program at Tufts University School of Medicine in Boston, where she has worked for 32 years. In addition to her

role as Program Manager, she is also an appointed Assistant Professor of Medical Education at Tufts.

All are welcome to attend the event. For more information, please visit cityofeverett.com/events/dorothy-martin-long-luncheon.

CITY OF EVERETT LAUNCHES H.E.A.T. PROGRAM

Mayor Carlo DeMaria is pleased to announce the City of Everett’s Youth Development and Enrichment Department is launching the H.E.A.T. (Helping Everett’s Adolescents and Teens) program. The 9-week course will teach youth how to navigate through preventing substance use.

Youth ages 10 to 14 will have the opportunity to learn social and life skills that will focus on the areas that tend to be triggers for substance use. The course will cover a variety of topics including how substances affect us, navigating through peer pressure and insecurity, and finding ways to spend time on positive activities. In addition to learning, the program will feature games, food, prizes and more for all who participate.

The program will begin on Wednesday, April 10, and continue every Wednesday from 3:30 p.m. to 4:30 p.m., until Wednesday, June 5, at the Everett Recreation Center (47 Elm St.). Registrations for the program will be taken online at EverettRecAndEnrich.com and navigating to the “Mental Wellness” section under the Programs tab.

For more information, please contact As-

Addition of behavioral health services at EBNHC

Last October, EBNHC introduced behavioral health urgent care services at its site at 10 Gove St. in East Boston where it shares a location with its emergency department.

“Those services are meant to allow patients who are having an urgent behavioral health issue to receive their care in an appropriate setting,” said Wilmot. “Often times, patients might go to an emergency department for that care, which isn’t a great place for behavioral health care services. So, we created this very unique access point to make sure that our patients could receive their care in a high-quality environment and receive treatment from behavioral health providers that are trained in emergency and urgent behavioral health care services. And then we connect those patients back to treatment in primary care.”

Active in their communities

Greg Wilmot, who stands a towering 6 feet, 6 inches, has become a highly visible and charismatic presence in the Greater Boston community. He is active in many organizations and causes and attends numerous events.

“I’m active in the community as are many members of our staff,” said Wilmot. “What’s really interesting about our organization is that 50 percent of our employees are residents of the communities

sistent Director of Youth Substance Abuse Prevention Eric Mazzeo at Eric.Mazzeo@ci.everett.ma.us.

FREE AQUARIUM PASSES AT THE EVERETT PUBLIC LIBRARIES

Now available at the Parlin Memorial Library, pick up your ticket to the New England Aquarium! For a limited time only, passes will be available for patrons of the Everett Public Libraries allowing for one free admission per patron. That’s right, free admission!

To pick up a pass, you must be an Everett resident and have a library card from either the Parlin Memorial Library or the Shute Memorial Library. Passes are limited to one per patron per month, and are only available while supplies last.

Please be sure to bring your library card with you, or sign up for one at your local library. All you need for a library card is a form of photo identification and a proof of address. With a library card, you have access to all of our museum passes, including the Museum of Science, Boston Children’s Museum, Isabella Stewart Gardner Museum, Museum of Fine Arts, Peabody Essex Museum, the Harvard Museums of Science and Culture, and the Franklin Park and Stone Zoos!

For more information about museum pass requirements and restrictions, visit everettpubliclibraries.org/museum-passes or call the Parlin Memorial Library at (617) 394-2300 or Shute Memorial Library at (617) 394-2308.



EBNHC President and CEO Greg Wilmot is pictured with Revere PACE Center Manager Marcy Nicholson during a visit to the center Monday.

we serve. Our new name, NeighborHealth, was a little bit of a nod to that, because we are, in fact, serving our neighbors. We live in the communities that we serve. It’s important that we maintain that deep connection to our communities.”

Future growth and expansion

EBHNC has become widely known for its excellence and being a national model in the health-care industry. Many cities and towns in Massachusetts would welcome a health center as comprehensive and well established as the one founded in East Boston a half-century ago. For example, EBNHC opened a center for senior care in the City of Everett in 2023.

Wilmot said that EBNHC will “continue to grow

to meet the needs of our communities.”

“If that means new services, new locations, we are here to serve, and based on our history, that has been something we have done, and I think it’s something we will continue to do,” said Wilmot. “I think our name change allows us to do that flexibly and engage with our new communities in an inclu-

sive way.”

Asked about EBHNC’s record of success and accomplishments, Wilmot credited his staff. “We have 2,000 amazing staff members,” said Wilmot. “We have a great team of professionals that have a deep commitment to what we do, and that’s the thread that connects every person in this organization.”

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HOP TO IT....

THE VERDICT IS IN: WE ARE EATING OURSELVES TO DEATH

Most Americans by now are aware that we are among the most overweight people on earth: 40 percent of us are obese and another 32 percent are overweight, which means that a total of 72 percent of Americans -- that’s almost 3 of every 4 among us -- have an unhealthy body weight.

That’s bad enough, but scientists say that if current trends continue, by 2030 that number will increase to 80%, so in a few more years, about 4 out of 5 Americans will range from overweight to obese.

Although the new weight loss drugs -- which originally were formulated to combat diabetes (Ozempic/Wegovy by Novo Nordisk and Mounjaro/Zepbound by Eli Lilly) and then were shown to have the “side effect” of bringing about substantial weight-loss in those who take the drugs -- hold the promise of solving our national excess weight problem, a host of hurdles stands in the way of helping every American who might benefit from them.

The high cost of those drugs (which presently are not covered by health insurance companies for weight loss), the potential for side-effects (they clearly are not for everyone), and the fact that they have to be taken for life, may leave many Americans who struggle with their weight on their own without the benefit of these medications.

But there may be another solution. A recent study has concluded that the true culprit for our obesity epidemic may lie in the kind of food we eat -- the so-called ultra-processed foods.

It is estimated that 70% of the food supply in the U.S. consists of ultra-processed foods. Two-thirds of the calories children consume in the US are ultra-processed, while about 60% of adult diets come from ultra-processed foods.

What constitutes an ultra-processed food is not always easy to figure out. There’s a wide range of food items between fresh fruits and vegetables (which are not processed at all) and, say, Twinkies, which perhaps are emblematic of the ultimate ultra-processed “food.” On the other hand, a shorthand way to think about ultra-processed foods is whether they are found in nature: Twinkies don’t grow on trees.

According to the authors of a recent meta-analysis (they examined 45 studies involving almost 10 million human subjects), eating high intakes of ultra-processed foods substantially raises the risk of developing dozens of diseases and health conditions that are related to excess weight, with diabetes, heart disease, and cancer being chief among them.

That’s because what goes into an ultra-processed food product is not real “food” at all. If you look at the ingredients on the label of a typical packaged-food product, they consist of chemically-manipulated ingredients such as modified starches, sugars, oils, fats, and protein isolates, with little if any whole food added,

But it is not just our physical health that is at risk from diets high in ultra-processed foods. Many of these fake foods, which are loaded with sugar, sodium, and are low in fiber and high in fat, also are thought to have negative effects upon our mental health, including anxiety, sleep disorders, and depression.

Moreover, given the addictive nature of these foods (the sugar rush to the brain and the lack of fiber that leaves you never feeling full), they create a feedback loop (no pun intended), so that the more we eat of these products, the more we want to eat.

Convenience is the driving force behind the ever-increasing use of ultra-processed foods by Americans. Frozen pizzas and dinners are a quick-and-easy meal solution for harried parents. Fast-food restaurants, with their triple-bacon cheeseburgers, chicken nuggets, fries, and super-size soft drinks, are everywhere.

By contrast, it should be noted that local restaurants typically do NOT serve the ultra-processed foods of the fast-food chains and that frozen meals prepared in-house in local grocery stores do not rely heavily on ultra-processed products.

For example, the list of ingredients for french fries at one famous national restaurant chain is this: Potatoes, Vegetable Oil (canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [wheat And Milk Derivatives]*), Dextrose, Sodium Acid Pyrophosphate (maintain Color), Salt. *natural Beef Flavor Contains Hydrolyzed Wheat And Hydrolyzed Milk As Starting Ingredients.

(Yuk! After reading that list of ingredients, who would want to put that in their body?)

On the other hand, if you order a baked potato with your dinner at a local restaurant, you get the whole potato and nothing but the potato.

We realize that eating fewer ultra-processed foods is easier said than done. On the other hand, some of the solutions to avoiding ultra-processed foods are quite straightforward: Buy real food and cook it at home; read and compare product labels and try to choose less processed alternatives (for example, swap flavored-yogurt for plain yogurt with added fruit); add fresh, frozen, or canned fruits, vegetables, beans, and legumes to your diet; avoid sugar-sweetened beverages that have no nutritional value and instead drink water; and, when eating out, go to local restaurants instead of fast-food chains.

If we can significantly reduce ultra-processed foods from our diets, we can go a long way to solving the national epidemic of obesity that literally is killing us.

Independent Forum

LETTERS to the Editor

**THANK YOU
EVERETT VOTERS
FOR TURNING
OUT TO VOTE**

To the Editor,

My name is Danielle Allen, and I was on the ballot last week for Democratic State Committee for our Senate District, Middlesex and Suffolk. I am writing to thank all Everett voters for turning out to vote on Super Tuesday!

Thank you for voting not only in the Presidential Primary but also in the State Committee races.

Those races are so important, because the state party committees guide our political parties in shaping the landscape of our elections—who the candidates are, what the rules are for party contests, what the party platform is.

I did not prevail in the election, and I want to congratulate the winner, Henrietta Davis. A long-time elected official in Cambridge, Henrietta will represent us all well. I want to thank Olivia Walsh also, for a race well

run.

At the same time, I am glad to report that I did prevail in a second contest for seats on the State Committee, the caucus process. I will join the Democratic State Committee, alongside Henrietta, to represent our Senate District, as State Committee Woman for Middlesex and Suffolk, as the holder of a caucus seat.

Over the last few years, I’ve been rebuilding my ward in Cambridge, Ward 2. As a State Committee

member, I look forward to supporting all ward chairs in our Senate District.

And if you’d like to get involved but aren’t sure how to do so yet, please drop me a line at danielle@americatheindivisible.org, and I will gladly connect you to the ward chair for your neighborhood, so you can get involved! It is fun and rewarding to play a role in shaping the direction of our communities. I hope to hear from you!

Yours sincerely,
Danielle Allen

UPCOMING EVENTS AT EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens

Yarn Club Parlin Fireplace Room. Tuesday, March 19th at 7pm. Come chit chat and stitch! Bring your crocheting, knitting, or any other yarn craft and sit and socialize with other members of the crafting community. Recommended for ages 14-109!

Chess Club, Parlin Fireplace Room, Wednesday, March 20th at 3pm. Play, learn, and practice chess. All ages and skills welcome!

Parlin Childrens

Lego Club. Parlin Children’s Room. Monday, March 18th from 3-5pm. Come to the Children’s Room after school on Mondays for some free-building lego fun. Open to all ages. Children under 6 years old must be accompanied by an adult. No registration required.

Storytime with Vera. Parlin Children’s Room. Tuesday, March 19th at 12pm. In English or Portuguese by request. Visit the Parlin Library Children’s Room to attend! Suggest-

ed ages 2-6.

Storytime and Sing-along with Karen Parlin Children’s Room. Wednesday, March 20th at 11am. Join us for a fun-filled morning of singing and storytelling with Karen! Suggested ages 0-6.

Drama Class. Parlin Children’s Room. Wednesday, March 20th at 3pm. Do you have a drama queen or king at home? Drama Class in the Parlin Children’s Department is the perfect opportunity for your child to put those acting skills to use with our drama coach! Suggested ages 6-14.

Story Time Adventures with Mrs. McAuliffe Parlin Children’s Room. Thursday, March 21st and Friday, March 22nd at 11am. Join us on Thursday and Fridays at 11am with Mrs. McAuliffe for our enchanting Story Time! You will be whisked away on magical adventures through the pages of your favorite books. Bring a friend or make a new one in our circle of friends.

Storytime and Crafting Parlin Children’s Room. Thursday, March 21st at 3pm. Join us for a read aloud and craft project in the Children’s Room. Suggested ages 5-11. Registration is required. Sign up online or at the Parlin Children’s desk.

Fluency Fun Friday. Parlin Children’s Room. Friday, March 22nd at 3pm. Drop by the Children’s Room for a selection of fun fluency table games with Mrs. McAuliffe. Suggested ages 5-11.

Shute Adult and Teens

Canvas & Jars Paint Night, Shute Meeting Room. Tuesday, March 19th at 7 PM. Unleash Your Inner Artist! Join us for a Canvas & Jar Art Paint Night at the library. Get ready to let your creativity run wild as you transform blank canvases and jars into stunning works of art. Bring your imagination and leave with a masterpiece! This event is for ages 14-109. Registration is required.

This event is generously funded by the Friends of the Everett Public Libraries.

Resume Writing, Shute Adult Department. Do you need help sprucing up an old resume or creating a new one? Sign up for a thirty minute session at both the Parlin and Shute Libraries. By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register for an appointment.

Computer Basics 101, Shute Adult Department. Not familiar with the computer? Learn the basics: how to start up and shut down a computer, perform mouse and keyboard functions, use applications, learn Microsoft Word, navigate the Internet, set up an email account, and more! By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register.

City announces 2024 Yard Waste Pickup schedule

Mayor Carlo DeMaria is pleased to announce the City of Everett’s 2024 Yard Waste Pickup schedule. Every year, this service is a great opportunity for residents to keep their property neat and tidy. This year’s schedule will begin in April and will end in November.

Dates for 2024 Yard Waste Pickup:

- April: week of Monday, April 1 through Friday, April 5; Tuesday, April 16 through Saturday, April 20 (note: Monday will not have a pickup due to the holiday and pickup will be delayed by one day for the rest of the week); and Monday, April 29 through Friday, May 3.
- May: week of Monday, May 13 through Friday, May 17; and Tuesday, May 28 through Saturday, June 1 (note: Monday will not have a pickup due to the holiday and pickup will be delayed by one day for the rest of the week).
- June: week of Monday, June 10 through Friday, June 14; and Monday, June 24 through Friday, June 28.
- July: week of Monday, July 8 through Friday, July 12; and Monday, July 22 through Friday, July 26.
- August: week of Monday, August 5 through Friday, August 9; and Monday, August 19 through Friday, August 23.
- September: week of Tuesday, Sept. 3 through Saturday, Sept. 7 (note: Monday will not have a pickup due to the holiday

and pickup will be delayed by one day for the rest of the week); Monday, Sept. 16 through Friday, Sept. 20; and Monday, Sept. 30 through Friday, October 4.

- October: Tuesday, October 15 through Saturday, October 19 (note: Monday will not have a pickup due to the holiday and pickup will be delayed by one day for the rest of the week); and Monday, Oct. 28 through Friday, Nov. 1.
- November: Tuesday, Nov. 12 through Saturday, Nov. 16 (note: Monday will not have a pickup due to the holiday and pickup will be delayed by one day for the rest of the week); and Monday, Nov. 25 through Saturday, Nov. 30 (note: Wednesday will not have a pickup due to the holiday and pickup will be delayed for the rest of the week).

Yard waste will be collected on the same day as a resident’s trash and recycling day. Whenever a scheduled collection day falls on an observed holiday, that day’s collection and all remaining collections for the week will be delayed by one day. For example, Friday’s collection will be on Saturday.

When disposing of yard waste, please follow these rules:

1. Items must be placed curbside no later than 7 a.m.
2. Only clean yard waste packaged in brown paper bags or in barrels that have the City “yard waste” stickers placed on

the outside of the receptacle will be picked up.

3. Clean yard waste includes grass clippings, leaves and small branches (tied, not taped).
4. Please do not include any plastic bags, large branches, rocks, dirt or broken pots.
5. “Yard waste” stickers are for barrels only. Stickers are not needed for paper bags. The stickers will

be available at the Constituent Services desk on the First Floor of Everett City Hall, 484 Broadway.

For large branch removal, please call 617-394-2270 or 311 to schedule an appointment for the City mulcher truck.

The full calendar can be viewed at any time by visiting cityofeverett.com/city-hall/departments/public-works.

Everett
Independent

Published by the Independent Newspaper Group

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CITY OF EVERETT OPENS JOURNEY OF CHAMPIONS EXHIBIT AT PARLIN LIBRARY

PHOTOS COURTESY THE CITY OF EVERETT



Laura White standing next to her poster.



Briana Hyppolite standing next to her poster.



Sharon White standing next to her poster.



City of Everett's Director of Youth Development and Enrichment John Russolillo speaking at the podium.



City of Everett's Library Director Kevin Sheehan speaking at the podium.



City of Everett's Director of Diversity, Equity and Inclusion Cathy Draine welcomed attendees.



Those who attended were treated to some delicious food following the ceremony.



Left to right: City Councilor Stephanie Martins, Library Director Kevin Sheehan, Bishop Robert Brown, Assistant Director of Youth Substance Abuse Prevention Eric Mazzeo and City Councilor Holly Garcia.



The community gathered at the Parlin Library for the Journey of Champions exhibit opening reception.



CITY OF
EVERETT

Carlo DeMaria
Mayor

MAYOR DEMARIA'S
SUMMER WORK
PROGRAM

Now hiring young professionals
ages 14-25 to work from July to the
end of August

Registration deadline:
Monday, April 1, 2024


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OPPORTUNITIES THAT INTEREST YOU



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TO THE FIRST 300
WHO REGISTER!

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CITY OF
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RECREATION

Carlo DeMaria
Mayor

NAVIGATE
SUBSTANCE
PREVENTION


H.E.A.T. Program
(Helping Everett's Adolescents and Teens)

For ages 10-14



A youth social and life skills program focusing on the
areas that tend to be triggers for substance use.

- Games
- Food
- Prizes
- And more

Program runs April 10 - June 5
Wednesdays, 3:30 p.m. to 4:30 p.m.
Everett Recreation Center
47 Elm St.
Everett, MA 02149
EverettRecAndEnrich.com
For more information, email
Eric.Mazzeo@ci.everett.ma.us

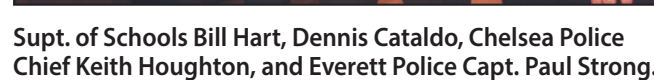
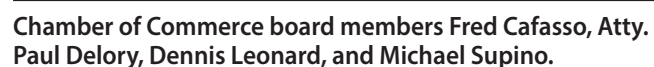
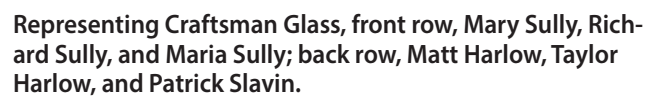
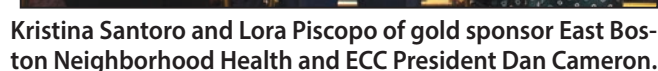
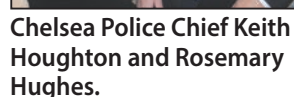


SCAN ME



CARY SHUMAN PHOTOS

Peter Zaksheski and Dennis Cataldo.



**CITY OF
EVERETT**

The City of Everett
Celebrates

Carlo DeMaria
Mayor

IRISH AMERICAN

Erin go Bragh

HERITAGE MONTH

SATURDAY, MARCH 16, 2024

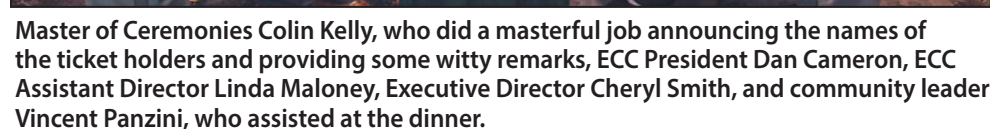
FLAG RAISING CEREMONY
1:00 PM

Everett City Hall
Church Street + Broadway
Everett, MA 02149

COMMUNITY RECEPTION
2:00 PM

Stewart's Pub
140 Jefferson Avenue
Everett, MA 02149

LEARN MORE: [CITYOFEVERETT.COM/EVENTS/IRISH-AMERICAN-HERITAGE](https://www.cityofeverett.com/events/irish-american-heritage)



EVERETT CHAMBER OF COMMERCE HOLDS \$10,000 RAFFLE DINNER



Dennis Leonard of gold sponsor Everett Bank and ECC President Dan Cameron.



Welcoming guests to the Everett Chamber of Commerce \$10,000 Raffle Dinner at the reception table are Executive Director Cheryl Smith, Maria Sgambati, Assistant Director Linda Maloney, and Vincent Panzini.



Members Plus Credit Union, a gold sponsor of the event.



Eagle Bank, a gold sponsor of the event. Pictured are (front row) Stephanie Reynolds, Annarita Bottari, Lindsay Dube, Gisella DiPaola, and Derek Delaney. Back row are Scott MacDonald, Anna Indrisano, Marc Whittaker, Rebecca Scott, and Jim Hollis.



Representing the Everett Police Department, Eric Rizza, Tracy Hornsby, Mike Lavey, Nicholas Crowell, Ronald Alonso, Anthony Crucciotti, Jermain Bellard, Nicole O'Donnell, and Raoul Goncalves.



Everett Bank, a gold sponsor of the event.



The ten finalists for the \$10,000 prize, from left, Bill Carafa, Nicole Ginepra, Vincent Panzini, David LaRovere, John Murphy, Alex Krisak, Dennis Cataldo, Patti Frati, Meaghan Verri, and Ann Sachetta.

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Mayor

EVERETT YOUTH
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An opportunity for Everett's youth ages 14-25 to gain valuable access to resources and opportunities to better their lives and careers and for employers to connect with the next generation of Everett's youth workforce.

- Job opportunities.
- Career development resources.
- Learn about summer and year-round City workforce programs.

- Food.
- Refreshments.
- And more!

SATURDAY, MARCH 16, 2024

Employer
Registration

SCAN ME

10:00 AM - 2:00 PM

Everett Recreation Center
47 Elm St., Everett, MA 02149

Learn more at:
cityofeverett.com/events/everett-youth-job-fair

Youth
Registration

SCAN ME

For Advertising Rates, Call 617-884-2416

A LOOK AT EXCELLENCE IN THE EVERETT PUBLIC SCHOOLS



Seated, from left: Members of the Student Advisory Council Benjamin Braga, Sal DiDomenico, Kelly St. Fort, Emilia Maria Babcock, and Trinity Chen. Standing, from left: Everett High Vice Principal James Murphy, School Committee Vice Chairperson Samantha Lambert, Student Council Advisor Carolyn MacWilliam, and Budget and Grants Director Chris Schweitzer.

Student Priorities are On the Money!

Budget and Grants Director Meets with the EHS Student Council

Members of the Student Advisory Council shared their priorities and ideas with the Everett Public Schools (EPS) Budget and Grants Director during a productive and inclusive part of the district’s ongoing budget process.

The meeting was held on Wednesday, February 28, 2024, at Everett High School (EHS). Advisory Council members Emilia Babcock, Benjamin Braga, Trinity Chen, Sal DiDomenico, and Kelly St. Fort met with Budget and Grants Director Chris Schweitzer to share their ideas on how to maximize the fiscal year 25 (FY25) budget. Student Government Advisor and social studies teacher Carolyn MacWilliam, School Committee Vice Chairperson Samantha Lambert, and EHS Vice Principal James Murphy also attended the meeting.

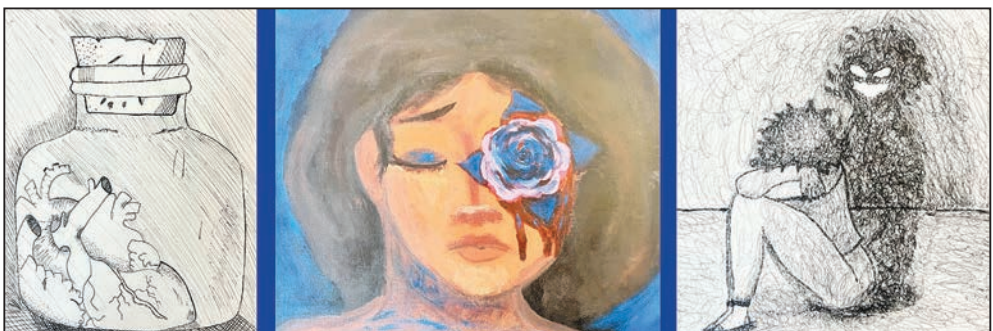
“This is an important component of our broad outreach efforts to obtain feedback from as many stakeholders as possible while developing the district’s FY25 budget proposal,” Mr. Schweitzer said. “These students are peer leaders, and I value their opinions on what they view as the priorities of the student body.”

Interestingly and positively, the meeting revealed consistencies among the student’s priorities and what the EPS Budget Team has heard from school leaders and department heads. Commonalities include the need to address the district’s space constraints, make further technology enhancements, and, at EHS, create greater access to career pathways and internships.

Mr. Schweitzer said that the Budget Office is using the feedback from the stakeholder meetings to develop the FY25 budget, and to plan for further investments in upcoming years.

Free to Pursue her Passion!

EHS Senior Earns a Full Scholarship to the Pratt Institute

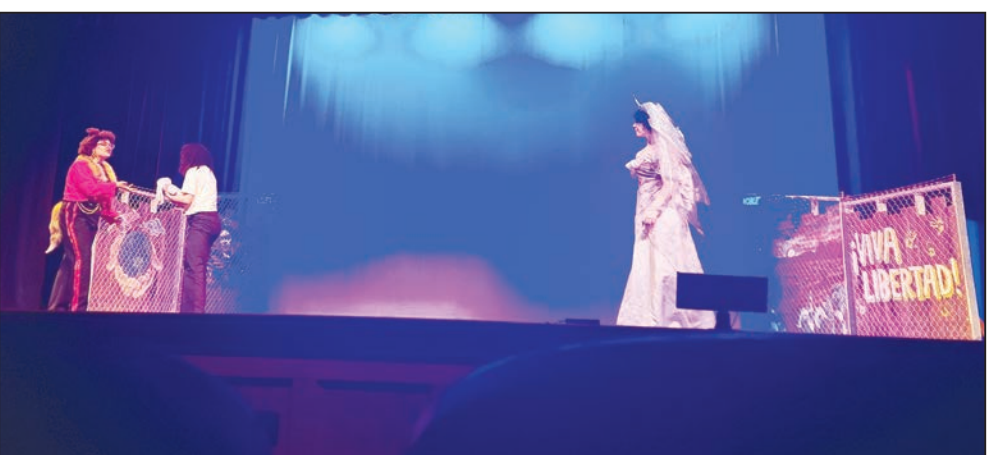


Congratulations to Everett High School (EHS) senior Na'Tayeja Robinson for earning a full merit-based scholarship to the Pratt Institute, one of the top art colleges in the nation. Pratt has a distinguished history that dates to 1887 and offers nearly 50 graduate and undergraduate degree programs in art, design, architecture, among many others. Congratulations to Na'Tayeja, as well as her AP Art Teacher, Briana Pierce and her Studio Art II teacher, Josephine Dougan. Pictured (above and below) are selections of Na'Tayeja's artwork.



A Flair for the Dramatic!

EHS Theatre Co. Advances to METG Semifinals



The Everett High School (EHS) Theatre Company staged a memorable and acclaimed performance of “Augusta and Noble” during the preliminary round of this year’s Massachusetts Educational Theatre Guild (METG) Drama Festival.

Not only did EHS advance to the METG semifinals, but the Theatre Co. also earned six All Star Company Awards following its performance in the preliminary round, which was held on Saturday, March 2, 2024, at Norwood High School.

Gabriellie DeGouveia (role of Gabi), Gianna Rodriguez Sanchez (Dolores), and Anthony Santizo (Ricardo) won Excellence in Acting honors. In addition, EHS was recognized for Technical Excellence in Scenic Painting, Technical Excellence in Scenic Construction, and Technical Excellence in Design/Hand Stitched Embroidery (Isabella Vaz).

Eight schools participated in the Norwood preliminary, and Everett, Mansfield, Sharon, and Acton-Boxboro earned tickets to the semifinal round, which is set for Saturday, March 9, 2024, at Brockton High School. (EHS is slated to take the stage at 1:30 p.m.)

“Augusta and Noble,” written by Carlos Murillo, is the coming-of-age story of Gabi Castillo, who lives in the vibrant Latino community in the West Town neighborhood of Chicago. Gabi is a new student at Northside College Prep, where she is quickly exposed to new people and possibilities. Told in English peppered with Spanish, the play celebrates the rich history and resilience of the many migrants who call America home.

The EHS production of “Augusta and Noble” is helmed by a faculty-led production team composed of Artistic Director Evan DeMarzo, Scenic Director Briana Pierce, Costume Director Josephine Dougan, Theatrical Advisor Britt Mitchell, and Scenic Construction Advisor Eric Pierce.

In addition to Saturday’s semifinal performance, the students will stage “Augusta and Noble” for the Everett Public Schools community on Thursday, March 7, 2024, at 7:30 p.m. in the EHS Center for the Performing Arts. The performance is free, although the company will accept donations.

Read Across America, and the Adams!

Teachers Visit their Colleagues’ Classrooms



The Adams School celebrated Read Across America Day by having the PreK-3 teachers read to the PreK-4 students, and vice versa. Thanks to teachers Mrs. Dattoli, Mrs. Rao-Santos, Ms. Antonelli, and Ms. Armata (PreK-4) and Mrs. Smith, Mrs. Goodrich, Mrs. Hachey, and Ms. Hardy (PreK-3) for their efforts, which proved to be a very big hit with the young students, who were excited to see familiar faces!



CITY OF

EVERETT

Carlo DeMaria

Mayor

1st Annual

Dorothy Martin Long

Women's History Month Luncheon

MARCH

SATURDAY | 23 | AT 12:30 PM

2024

"ALL IT TAKES

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Networking Community Building

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NEWS FROM AROUND THE REGION

COMMITTEE TO ESTABLISHED FOR SPORTS LEAGUES

CHELSEA - A new special committee created by City Council President Norieliz De Jesus will work to encourage youth sport leagues in the city and ensure they have the support they need to continue serving the youth in Chelsea.

While the president has the authority to establish special committees, several councilors at Monday night’s meeting said they would like to see the city take additional steps to address programs and opportunities for youth in the city. District 8 Councilor Calvin Brown asked for a separate subcommittee on conference meeting to discuss those issues.

Council Vice President Todd Taylor will chair the new special committee, where he will be joined by Councilors Melinda Vega and Tanairi Garcia.

“Last year, concerns were raised about actions taken by the leadership of Chelsea Pride Football, the team’s suspension from the league, and the resulting impact on the youth who participated,” stated De Jesus. “Numerous concerned parents came before the City Council to express their concerns, and a consensus was reached among the Councilors present that the Council should have a role in encouraging and promoting youth sports in Chelsea.”

While the issues with Chelsea Pride Football were addressed, new leadership put in place, and the team reinstated, De Jesus said lingering concerns remain about the stability of youth sports leagues in Chelsea and the level of support provided by the city.

“This is simply an effort for us to create a table where deeper conversations can happen regarding sports and recreational activities for our youth, whether that’s football, little league, soccer, softball,” she said. “I know that these conversations will be in good hands with Councilor Taylor, Councilor Melinda Vega, and Councilor Tanairi Garcia.”

Several councilors said there needs to be steps taken beyond the scope of the special committee to address youth issues in the city.

“I think it is very important that we look at this, but we need to look beyond sports,” said Councilor-at-Large Leo Robinson. “When I talk about that, you have to talk about mentorships, and you also have to talk about taking Chelsea kids out of Chelsea and showing them about other things in the world. It’s not just about sports, it’s about education and if we’re going to approach it looking at sports, we are going to lose right from the start.”

District 5 Councilor Lisa Anne Santagate also noted that there needs to be a discussion about opportunities for youth who may not be involved in sports.

“I think that we need to develop a well-rounded program for our youth, and if we can’t have a museum here, we need leaders and mentors, and people to lead Chelsea youth in the city,” she said. “We are a part of Greater Boston, and I think we need to have a broad range of programs and interests for our youth.”

Councilors Manuel Teshe and Tanairi Garcia said they both agreed about the council taking broader steps to address youth issues, but noted that the youth sports special committee was established to address a specific need.

“I think that there is so much more to offer our youth, but we have to fix the sports part first before we get into anything bigger,” said Garcia. “I think we need to be more supportive for our sports, especially for those who want to be involved and don’t know how to take the lead or be part of a board. Guidance is necessary to keep our sports and youth on the right path.”

RESIDENTS HEAR ABOUT PROJECT

EAST BOSTON - Last week, several residents attended a meeting hosted by the Boston Planning and Development Agency (BPDA) to provide comments and learn more about a project at 9 Geneva Street.

The project, presented by Attorney Richard Lynds, involves the combination of seven parcels for a total of nearly 15,000 square feet of land.

As part of the proposal, the existing structures at the site, which include a single-family home and auto repair shop, would be demolished, and a five-story, 28-unit rental building would be built in their place.

Regarding the unit mix for the building, there are plans for four one-bedrooms, 20 two-bedrooms, and four three-bedrooms. Additionally, the project, which is subject to the city’s Inclusionary Development Policy (IDP), will contain five affordable units at 70% area median income (AMI).

Lastly, in terms of parking, there are slated to be up to 28 parking spaces, along with at-grade bike parking.

After Lynds provided an overview of the project, he spoke about a process the project team had gone through with the Gove Street Citizens Association (GSCA) in its review of the proposal and how it led to some changes.

“We had an opportunity, a very robust community process with the Gove Street Citizens Association. We had offered two alternatives when the Gove Street Citizens Association was voting on its project,” said Lynds.

Through this community process, the developer committed to modifying the fifth level by pushing it back, adding parking stackers to get the total number of spots up to 28, and maintaining the IDP units at five units at 70% AMI.

Later, Lynds went through the zoning relief that would be necessary for the project. Under current zoning, the site sits in the MFR (multi-family residential) subdistrict and would require variances for the side yard, floor area ratio, height, open space, and parking.

However, under new zoning developed through PLAN: East Boston — a BPDA neighborhood planning initiative — adopted by the agency’s board, the site is in the East Boston Residential (EBR)-4 subdistrict.

Under the new zoning, the project largely complies with the zoning requirements with a couple

of caveats.

For example, the project is proposed to have a height of 55 feet; however, the maximum height allowed in EBR-4 is 50 feet.

However, Lynds explained that due to Article 25A, the proposal could exceed the 50-foot maximum.

“Article 25A of the Boston Zoning Code deals with coastal flood resiliency. Even though we’re not in a flood zone, the city now recognizes that there are areas, including areas that are not necessarily regulated as flood plain, that would have higher risk for potential flooding or potential damage from sea level rise,” said Lynds.

“As a result, under Article 25A, any project currently that requires Article 80 review, must design the building to be compliant with coastal flood resiliency regulations. As a result of that, they actually allow for increased height of the building over what the actual zoning would allow,” he added.

Another caveat was related to parking in that “it is determined under new zoning per Article 80,” according to Lynds.

“Even though the zoning code may have a different requirement for the number of spaces you need and the new zoning is only going to require one per unit, the Article 80 process will determine what an appropriate parking number is,” he added.

Lynds went through different plans, renderings, and elevations as the meeting progressed. He also spoke about other facets of the project, including planting street trees and the introduction of a dog run, before taking questions and comments.

Several residents participated during the question and comment portion of the meeting. For example, Neel Batra, a GSCA Board Member, made some comments about the fifth-floor setback and confirmed the association’s vote regarding the project.

“The vote is done. A majority of the neighborhood supported the project,” said Batra.

Additionally, there were several comments from residents who either supported the project or opposed it.

One resident, who spoke on behalf of himself and his wife, indicated that they had several concerns, including parking, height, and density.

Later in the meeting, Batra also wanted to provide information about those concerned about the project, and he confirmed that the issues dealt with parking, height, and density.

While at least one resident who spoke during the meeting had concerns about the project, several others seemed to be in full support.

“What we have there now is an eyesore. I mean, come on, look at the difference, this is a beautiful building. That whole end of Geneva Street will all be done once this building is put up,” said an attendee.

Another attendee said, “We need more housing. It’s great that there’s some affordable housing; it’s going to clean this all up.”

Another big topic discussed during the meeting was the condition of Geneva Street and how it might be improved through this project and others.

“There will be some work that will be done on

REVERE LIBRARY CELEBRATES READ ACROSS AMERICA



Revere Police Chief David Callahan, who stopped by to read, with some of the many children at the Read Across America event at the Revere Public Library last Saturday.

Geneva Street, and as a result of that — even though this is a private way — the city has standards that require us to make corrections or improvements,” said Lynds.

“For a project this size, there will be the improvements — at least for our portion of Geneva Street out to Maverick Street,” he added.

For those interested in learning more about the project, viewing the recording of this meeting, or leaving comments about the project, visit <https://www.bostonplans.org/projects/development-projects/9-geneva-street>.

Currently, a comment period concerning the Small Project Review Application is open until March 8th.

“Even though we do have a comment period set on the website, that does not mean that people cannot submit comments past the comment deadline,” said Daniel Polanco, a Project Manager at the BPDA.

Comments can be made at the link mentioned above or directly via email to dan.polanco@boston.gov.

COUNCIL UPDATED ON HIGH SCHOOL PROJECT TIMELINE

REVERE - There are a number of big dates on the horizon for the building of a new Revere High School at Wonderland.

Last week, project manager Brian Dakin of Leftfield appeared before the city council to update it on the schedule that would see the new high school open around August of 2028 for the 2028-29 school year.

In January, the council voted to move forward with building on the Wonderland property.

The estimated cost of building on the Wonderland site is \$522 million, which includes the \$29.5 million the city has already spent to take the 30-plus acre site by eminent domain.

After accounting for the MSBA grants, the total cost of building on the Wonderland site to the city would be about \$285.5 million, according to the project team.

The schematic plans for the four-story school are currently under review by the Massachusetts School Building Authority and are expected to come back to the building team with remarks and questions before the MSBA Board is scheduled to vote on the

project on April 24, according to Dakin.

If that vote is successful, Dakin said there are two votes that will come back to the council later in the spring.

The first is the project scope and budget agreement, which Dakin said the council will be asked to approve in early May.

“We will then get that back to the MSBA ... and they will then issue the project funding agreement,” said Dakin. “That is the big one, that is the real legal agreement that has the project scope and budget and the numbers attached to it.”

With that debt authorization vote, which will require a two-thirds vote by the council, the project will then be able to enter the design development phase, Dakin said.

In parallel with the MSBA process, Dakin said there will also be an ongoing local and state permitting process.

While the overall permitting process could take up to 18 months, Dakin said there should be enough permits in hand to begin site preparation this spring, with site remediation and utility work getting underway next spring.

There would be a full mobilization to get the foundation and steel work underway by next summer, with substantial completion and an opening date in 2028, Dakin said.

“We would like to be

back before the council in the next month or two with more updated details on permitting and how we hope to get through the permitting path, and why we still believe we can start construction on these dates,” said Dakin.

STATE SAYS NO TO RECLASSIFYING TOWN UNDER MBTA ZONING

WINTHROP -The state does not look as if it will take action to reclassify Winthrop’s standing under the new MBTA Communities Act, which calls for zoning allowing for increased multi-family housing in communities with or near MBTA transportation.

Under the zoning guidelines, Winthrop would need to create multi-family zoning districts that could create 882 new housing units. That plan would need to be approved by the state by the end of the year.

In a letter the Town Council sent to Governor Maura Healey in early February, the council requested the state reclassify Winthrop as an adjacent small town. That classification would reduce the number of units that would need to be created in half.

The council also asked for a one-year extension of approval and implementation of the new MBTA zoning guidelines.

See REGION Page 11

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CHURCH News

Mystic Side Congregational Church

News and Notes

Mystic Side Congregational Church is located in Everett, on Malden-Everett border, at 422 Main Street. We offer a warm, inviting atmosphere, and all are welcome. Our Sunday Church service starts at 10:30 a.m. and Communion is offered on the first Sunday of each month. A very pleasant coffee hour and socializing follow our services. Parking is available in our lot next to the church on Wyllis Ave. (one way off Main Street). We look forward to welcoming you this Sunday.

**Mystic Side
Congregational Church
422 Main Street
Everett, MA**

Glendale United Methodist Church

News and Notes

Glendale United Methodist Church is open to all and we welcome people of all faiths, race, nationalities, and sexual preference. No one is ever turned away. If you are looking for a new home church, we would like you to check us out and let us know what we can do to make church a better fit in your life.

Bible Study: Consider joining us for Bible study on Sunday. We meet in the Church Parlor off the Chapel from 9:30 to 10:00 a.m.

Sponsor the bulletin! For a \$5 donation, you can dedicate the Sunday bulletin to recognize family, friends, or special occasions. There is a sign-up sheet in the Pastor's study. Feel free to choose your particular week and leave a copy of your dedication in the mail in that is on the Pastor's door. Please contact the Pastor if you have any questions.

Boy Scout Troop 814: Meet in Cooper Hall on Tues. evenings from 6-9 p.m. Cub Pack 11 meets on Saturday mornings.

NA Meetings – Mon.

Bring Your Own Book 7:30 – 9:30 p.m.; Thurs. I Can't But We Can, 8:00 7:30 – 9:30 p.m.

AA Meeting – Saturday evenings from 6:30 to 8:30 p.m.

Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m. Other times by appointment.

Bread of Life Donations – This outreach is being done to honor the United Methodist Women's Group, who for so many years were our outreach source. Please bring any food item(s) to church and place in the box located on the altar.

**We are on the Internet
http://www.glendaleumc-everett.org
Glendale United Methodist Church
Pastor David Jackson
392 Ferry Street (across from Glendale Towers)
Please enter the church by the driveway on Walnut Street
617-387-2916
PastorDavidJackson58@gmail.com
Pastor's Office Hours:
Saturdays 10 a.m. to 2 p.m. Other times by appointment.**

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open and welcoming to all.

There are two services on Sundays: 10 a.m. English, 1 p.m. South Sudanese Dinka

Come all and let us walk together in this season of hope, renewal and new beginnings.

**Grace Anglican Episcopal Church
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Zion Church - Everett

News and Notes

Bishop Robert G. Brown and Zion Church Ministries invites you to join us every Sunday at our 10:00 a.m. Worship Service for a time of worship, praise and preaching, at 757 Broadway, Everett, MA. You can also join

Zion Church Ministries via livestream on Facebook and YouTube.

For more information, they can be reached online at zionchurchministries.com or via email at office@zionchurchministries.com.

Immaculate Conception Parish

News and Notes

Our Parish Staff: Rev. Joseph Chacha Marwa, S.M.A. Administrator, Rev. Gustavo Buccilli S.M.A. Parochial Vicar, Barbara Canon Secretary, Parish Secretary.

Weekly Mass Schedule at the Immaculate Conception Parish is as follows:

1: Monday-Saturday at 7:00a.m. in the Chapel.

2: Saturday at 4:00p.m. (Sunday Vigil) and at 7:30p.m. Vietnamese Mass Upper Church.

3: Sunday at 7:00a.m. and 10:00a.m. English Masses. At 12:00p.m. Spanish Mass and 4:00p.m. Haitian Creole Mass.

4: Confessions are on Saturdays from 3:00-3:45

at the Confession Boots in the Chapel, and at 11:15 a.m. 12:00p.m. in Spanish.

5: Adoration of the Blessed Sacrament at the Chapel on Thursday from 7:30 a.m.-6:00 p.m.

Bring a Book buy a Book a new Fundraiser Program at the back of the Church. All books are a dollar. Any money collected goes to our Stain Glass Fund. You are most invited to make a donation for this course. Most welcome to worship with us on Sunday and weekdays. Thank You.

**Immaculate Conception Parish
489, Broadway,
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Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 a.m. Worship service.

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Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett. Check us out on Facebook at www.facebook.com/churchforeverett to view weekly devotions and updates, visit us at www.foreverett.church to sign up for our newsletter and see how we can help you, or connect with the Everett Community Aid Network at www.everettcan.com to request any additional help.




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FRESH AND LOCAL

March holiday breads and pastries

By Penny & Ed Cherubino

March is a delicious month for those who indulge in the abundance of treats that celebrate the change of season and specific holidays. We’re talking about Irish soda bread for Saint Patrick’s Day, Zeppoles for Saint Joseph’s Day, and pies for Pi Day. The Spring Equinox, Easter, Purim, Ramadan, and Holi celebrations all have associated bread or pastry. We have lovely local sources for many holiday pastries and breads.

Irish Soda Bread

A few years ago, we discovered Flour Bakery made soda bread as whole loaves on special order and individual scones in the pastry case in March. We order one loaf to devour around the 17th and another to freeze for future treats. This year, we plan to try the Clear Flour bakery version, which will be available through the end

of the month.

Year-round, you can pick up a delicious loaf at Greenhills Bakery in Adams Village. This bakery also supplies Irish brown bread without the raisins and caraway seeds. Plus, they carry a selection of Irish grocery items for your Saint Patrick’s Day celebration.

Zeppole

For a Zeppole tasting around the 19th, you can visit the North End and pick your favorite from Modern Pastry, Bovas, or Mike’s. Other cities and towns in the area have many great Italian bakeries that make their version of this seasonal treat.

Spring Equinox and Easter

This year, the Spring Equinox is on the 20th, and Easter is on the 31st. One of the most famous easter pastries, the Hot Cross Bun, originated in pagan Spring Equinox celebrations.

The British website Chefin’s article “The Pagan Origins Of Easter” explains, “These were taken from the Saxons, who would bake fresh bread in honour of the goddess Eostre. The fresh buns would be marked with a cross. At the time, the cross represented the four quarters of the moon, four seasons, and wheel of life.”

Many local bakeries make hot cross buns in March. It’s a great reason to visit your favorite bakery and try this item, especially if it is only on their seasonal menu. We’ll be picking one up at Clear Flour.

If you visit the North End for Zeppole, you could select some excellent Italian Easter pastries and bread. You’ll see Pane di Pasqua, Easter bread with colorfully dyed eggs as decoration. You might also want a beautifully decorated Sicilian Cassata cake or the more straightforward and not too sweet Ricotta pie.



Irish soda bread is one of many holiday treats available around Boston in March.

Other Excuses to Indulge!

Ramadan begins on the 11th, and a special bread called Ramazan Pides is baked in the Turkish Islamic community. We have yet to find a source but will reach out to Turkish cafes and bakeries that offer Halal food to see if we can find one.

On Pi Day, the 14th, you can pick up a great pie or slice from Petsi Pies in Somerville or one of the Tatte locations in the

area. Don’t forget that pies and diners go together, so check out the pie selection at your favorite diner or bakery.

Purim begins on the 23rd and is known for Hamantashen pastries, which will be available at Clear Flour bakery until the 24th.

Holi, a colorful Hindu celebration of Spring, abounds with sweets and pastries. Check the dessert menus at your favorite Indian restaurant to see if

they offer Holi treats for the 21st.

March is when we enjoy learning more about other cultures by eating the foods they use to celebrate their versions of welcoming spring. Indulge since acceptance and education about others can begin with their food.

Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.

Region // CONTINUED FROM PAGE 9

“Winthrop’s need to maintain its identity as a welcoming small community of 1.6 square miles on the shores of Boston Harbor and the Commonwealth of Massachusetts’ demand to build more housing via the MBTA Communities/3A zoning mandate are at odds with one another,” stated the letter from the council “While we agree that we could add some housing in a planned and organized manner, 882 units are beyond our capacity.”

Communities that do not enact the MBTA Communities zoning mandate are at risk of losing state grants and other funding opportunities.

In the response to the council, Ed Augustus, the secretary of the state’s Executive Office of Housing and Livable Communities, stated that Winthrop does not meet the definition of adjacent small town which would lower the housing creation requirement in the guidelines.

“In choosing this definition, EOHLIC used the same criteria as the Executive Office of Economic Development uses to iden-

tify the communities eligible for its ‘Rural Development Fund’ competitive grant program,” Augustus stated.

To qualify as an Adjacent small town, an Adjacent community must have a population of 7,000 or fewer year-round residents, or a population density of less than 500 persons per square mile. Winthrop has a population of 19,316 residents and a population density of 9,702 persons per square mile according to the 2020 US Census.

“It is not the kind of community that the Adjacent small town category is intended or designed to include,” Augustus stated. “For this reason, EOHLIC cannot reclassify Winthrop as an Adjacent small town.”

In the letter, Augustus also noted that the state has already significantly revised its MBTA Communities requirements between the Draft Guidelines of December 2021 and the Guidelines that are in place now, in part because of the factors the town council identified in its letter. He said the changes

substantially reduced the minimum multi-family unit capacity that “Winthrop’s reasonably sized multi-family zoning district must accommodate, and also provided

Winthrop with greater flexibility in determining where to locate its multi-family zoning district.”

Augustus said the EOHLIC recognizes that densely populated neighborhoods may have a limited ability to accommodate new housing.

“It is important to note that the minimum unit capacity requirements for MBTA Communities refer to zoning capacity, and not to production of new housing units,” Augustus stated. “Under the Guidelines, zoning capacity means the number of units that the zoning would allow if all of the land was undeveloped.”

Augustus continued that adopting compliant multi-family zoning would not require Winthrop to add 882 new housing units.

“Indeed, given Winthrop’s relatively high existing density, the num-

ber of ‘net new’ units that could be created under compliant zoning would likely be much less than the minimum unit capacity,” stated Augustus.

In the communication with the state, and at several council meetings this year, a number of councilors and residents have spoken out against the burden the MBTA zoning would place on the resources of an already densely populated town.

“Winthrop is a small sliver of land threatened by pollution, rising tides, aging infrastructure, high density and limited commercial tax base,” the council stated in the letter to Healey. “Please consider our request for reclassification and a reduction in the MBTA district acreage requirement, as we are truly a unique community with challenges that do not fit the one-size-fits-all that the MBTA Communities/3A law/guidelines offered by the Commonwealth.”

State Representative Jeff Turco said the zoning is a bad, one-size fits all policy, and that he hopes the council and the town

continues to stand against it.

“I read the secretary’s letter and I have a lot of respect for him, but I think this one-size fits all state policy to basically take over the zoning in Winthrop and other communities is wrong,” said Turco. “I hope the town council takes a stand for the future of the town and says no, we don’t want your grants, you can keep your grants and if you want to sue us, sue us. I think it is dangerous the idea that we are going to make the possibility of building an extra almost 900 units in this town coupled with some of the changes in the upcoming housing bond bill.”

Turco said he is frustrated that the MBTA zoning puts an undue burden on Winthrop and other working class communities, while more affluent suburbs that still benefit from the commuter rail do not have to pay as steep a price.

The representative noted that there has already been a healthy amount of residential development in Winthrop over the past

several years, and that those units should count toward the MBTA zoning guidelines.

“For the state to come in and say none of that counts against your number, for me, that is just wrong,” said Turco.

In the next several months, Turco said he intends to file an amendment to try to change Winthrop’s designation under the zoning.

“I’m not overly optimistic, the Speaker of the House came out just last week and sort of said every community that is still fighting this is going to comply,” said Turco. “But I do think that we have a compelling argument of why Winthrop is mis-designated. If we can get them to reevaluate our designation, and give us credit for some of the stuff that has already come on the line in the last year or two or three, I think it is certainly a lot more palatable for the town, so that is the angle that I am going to be pushing.”

Evacuation Day Commemoration honors historic day

The National Parks of Boston and South Boston Citizens’ Association will host the annual Evacuation Day Commemoration on Friday, March 15 at 10 a.m. The event is free and open to the public.

While the ceremony is traditionally held on the grounds of the Dorchester Heights Monument, due to current restoration work, the program will take place at the Edgerley Family South Boston Boys & Girls Club at 230 West Sixth Street in South Boston. Confirmed speakers include Congressman Stephen F. Lynch, Boston Mayor Michelle Wu, National Parks of Boston Superintendent Michael Creasey, and state and city elected officials.

The Excel High School JROTC Color Guard will lead a procession to the western edge of Thomas Park for a wreath laying following the speaking program.

The commemoration will feature a ceremonial

presentation of arms by the Lexington Minutemen and Henry Knox Color Guard. The Boston University Band will provide music.

Superintendent Creasey will share a brief overview of the current restoration project. The National Parks of Boston began the more than \$30 million restoration of Dorchester Heights Monument on September 15. Funded by the Great American Outdoors Act (GAOA), rehabilitation work will be complete by March 17, 2026, Evacuation Day, during the nation’s 250th birthday year. The Monument and its surrounding area remain closed to the public during the restoration.

The GAOA funds are being used to restore the iconic 1902 Dorchester Heights Monument tower and surrounding area known as Thomas Park. The rehabilitation work includes structural upgrades, masonry resto-

ration, and improvement of the monument’s foundation, superstructure, exterior enclosure, roof, interior stairs, HVAC, plumbing, and electrical systems. The grounds, lighting, and signage will be vastly improved for visitors’ experience.

In early March 1776, General George Washington ordered the construction of fortifications at Dorchester Heights. Two

weeks later, these actions led to the evacuation of British forces from Boston. For over a century, Bostonians in the South Boston community have commemorated March 17 as “Evacuation Day” at Dorchester Heights.

More information on the Dorchester Heights Monument restoration and photos are available online.

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF PUBLIC SALE Notice is hereby given by McGarvey Towing of 1481 Broadway Saugus, MA, pursuant to the provisions of Mass G.L.c. 255, Section 39A, that they will sell the following abandoned vehicles on

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THE DIDOMENICO FOUNDATION’S 11TH ANNUAL ST. PATRICK DAY’S DINNER

The DiDomenico Foundation’s 11th Annual St. Patrick Day’s Dinner held on March 8 drew a capacity crowd to the Knights of Columbus in Charlestown.

Sen. Sal DiDomenico led the speaking program during which leaders in state government delivered some humorous

quips and jokes.

The many guests enjoyed a delicious corned beef and cabbage dinner.

Congratulations to Foundation President Trisha DiDomenico and Sen. Sal DiDomenico on hosting another outstanding celebration of St. Patrick’s Day.



Legislative aide Yoshki Wurtz, Sen. Sal DiDomenico, and Senate Office Intern Chloe Chick.



Enrico Vega, Deputy Fire Chief Will Hurley, and David LaRosa Senatillaka.



Former Boston Carpenters Union regional manager Richard Pedi, Tricia DiDomenico, Sen. Sal DiDomenico, Revere Mayor Patrick Keefe, and former Everett city official Michael McLaughlin.



EHS Senior Class President Sal DiDomenico, Dan Lynch of Congressman Steve Lynch’s Office, Boston radio personality Hank Morse, Sen. Sal DiDomenico, and Middlesex County District Attorney Marian Ryan.

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Legislative Intern Chloe Chick (right) welcomes Boston Mayor Michelle Wu to the DiDomenico Foundation St. Patrick’s Day Dinner March 8 at the Knights of Columbus in Charlestown.



Sen. Lydia Edwards, Everett Councilor-at-Large Guerline Alcy Jabouin, and Boston City Council President Ruthzee Louijeune.



Rep. Judith Garcia, Senate President Karen Spilka, Gov. Maura Healey, and Lt. Gov. Kim Driscoll.



State Auditor Diana DiZoglio and Everett Councilor-at-Large Katy Rogers.



State Rep. Judith Garcia and Chelsea City Manager Fidel Maltez.



Chelsea City Councilor Calvin Brown, Gov. Maura Healey, and former Everett city councilor Vivian Nguyen.



Tricia DiDomenico welcomes former city councilor Al Lattanzi, Marcia Brown, and Bishop Robert G. Brown to the DiDomenico Foundation’s St. Patrick Day Dinner.



Everett City Council President Robert Van Campen, Sen. Lydia Edwards, Revere Councilor-at-Large Juan Pablo Jaramillo, Ward 2 Councilor Stephanie Martins, and Democratic State Committeeman Brian Corr.



Chelsea City Councilor Calvin Brown, State Auditor Diana DiZoglio, Bishop Robert G. Brown, Liliana Patino of the Eliot Family Resource Center, former city councilor Vivian Nguyen, Ward 2 Councilor Stephanie Martins, Boston City Council President Ruthzee Louijeune, and Revere City Councilor Juan Pablo Jaramillo.



Everett High School culinary arts students did a great job in the preparation of the corned beef and cabbage dinners that were enjoyed by the guests.